THE RECOVERY KERNEL

[illegible]

[illegible]

[illegible] —
[illegible]?

[illegible] - [illegible].

[illegible]

I. "[illegible]" [illegible] - [illegible]

◆ [illegible]

[illegible] "[illegible]" [illegible]:

* [illegible]
* [illegible] 60-90 [illegible]
* [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible]: [illegible] [illegible] [illegible] 10 [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], 3 [illegible] [illegible] [illegible] [illegible] [illegible] GHB [illegible] [illegible], 5 [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible]	[illegible]
'8 [illegible]	[illegible]

[illegible]

1.1 — "[illegible]" [illegible]

JR [illegible] [illegible] [illegible]

FROM THE MOUTHPIECE

[illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible]

*[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible]

[illegible]

[illegible]

[illegible]

II. [illegible]

◆ [illegible]

| [illegible] | [illegible] [illegible] [illegible] ([illegible] [illegible] [illegible] [illegible] [illegible] [illegible])[illegible] | [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] (60-90°F [illegible] [illegible]), [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

		[illegible] (PFC) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] 8 [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] sober [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

		[illegible] [illegible]) [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible]	[illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]	[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

III. [illegible]

◆ [illegible]

[illegible] (NAC, 5-MTHF, methylcobalamin, [illegible], CoQ10, DHA, UMP, tyrosine) [illegible]: [illegible] - [illegible] AMPA [illegible], NGF/BDNF [illegible], [illegible], [illegible]

[illegible]: [illegible], [illegible] FDA [illegible]-[illegible], [illegible] ([illegible]) [illegible] 50 [illegible] - [illegible], [illegible] - [illegible]

III.1 — [illegible] — [illegible]

[illegible] AMPA/NMDA [illegible], [illegible] AMPA [illegible], [illegible], [illegible] AMPA [illegible] - [illegible] AMPA [illegible], [illegible].

[illegible]	[illegible]	[illegible]	[illegible]
[illegible] - [illegible], [illegible]	800-4800 [illegible]	AMPA [illegible]	AMPA [illegible], [illegible]

[illegible] [illegible] [illegible]	[illegible] [illegible] [illegible], 2-3 [illegible] [illegible] [illegible]	[illegible] [illegible] [illegible]

		[illegible] [illegible] [illegible]

* [illegible] * [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]

Semax - □□ □□□□□□□□, ACTH □□ □□□□□□□□ □□□□□□□□□□	□□□□□□□□□□□□ □□□□□□□□, □□ □□□□□ □□ □□□□□-□□□□□□□□□ □□□□□ □□ □□□□ □□□□□ □□□□ □□□□□□ □□□□□□□□□□□□: BDNF □□ NGF □□ □□□□□□ (□□□□□□□□□□, □□□□□□□ - □□□□□□□□ □□ □□□□ □□□□□□ □□ □□□□□)□ □□□□□□□□□□□□□ □□ □□□□□□□□□□□□□ □□□□ □□□□ □□□□□□□ □□□□□ □□□□ □□□□ □□□□□□ □□□□ □□ □□□□□ □□□□□□□□ □□□□□□□ □□□□ □□□□□□□□ □□□□□□□□□ □□ □□□□□□□□□ □□□□□□□□□ □□□□ □□ □□□□ □□□□□□□□□ □□□□□ □□□□ □□, □□ □□□□□ 30 □□ □□□□□ □□□□□□□ □□ □□□□□ □□□□□□ □□ □□□□□□□ □□□□ □□□□□ □□ □□□□ □□□□ □□□□□□□□□ □□□□ □□□□□□□□□□□ □□ □□□□□□-□□□□□□□ □□□□□□□ □□□□□ □□□□ □□ □□□□□	Semax □□□□□□ □□□□ □□ □□□□□□□□ □□□□□□ □□□□□□□□□□□□□□□ □□□□ □□ □□□□□□□ □□ □□□□□□□ □□: □□ □□□□□ □□ BDNF □□ □□□□□□□ □□ (□□□□□□□□ □□ □□□□□□□ □□ □□□□□ □□□□□ BDNF □□□□□□□ □□ □□□□□□ □□□□ □□□□, □□ □□ □□ □□□□ □□□□ □□□□□ □□ □□ □□□□□□□□ □□□□□□□□ □□□□□ □□□ □□□□□ □□□□ □□□□□ □□□□ □□ □□□□□ □□□□□□□ □□□□□ □□ □□□□) □□ □□ □□□□□□□□□□□□□□ □□□□□□□ □□□□□□□ □□□□□ □□, □□ D2 □□□□□□□□□ □□□□□□ □□□□ □□□□□ □□, □□□□□□□□□□ □□ □□ □□□□□ □□□□ □□□□ □□□□□ □□□□ 300-1000mcg □□□□ □□ □□□□□□□ □□, □□□□ □□□□ 1-2 □□□□ □□ □□□□□□□□ □□□□□□ □□□□□□□□ □□□□ □□□□□□□ □□□□ □□ □□□□□□□ □□□□□ □□ (FDA □□ □□□□□□□ □□□□□), □□□□□□ □□□□ □□□□□□□□□ □□□□□□ □□ □□□□ □□□□ □□□□□ □□□□□ □□□□□□□ □□.
Selank - □□ □□□□□□□□, □□□□□□□□□ □□ □□□□□□□□ □□□□□□□□□□	□□□□□□□□□□□□□ □□□□□□□□□ □□□□□□□□□□□: GABA-A □□□□□□□□□□□ (□□□□□□□□□□□□□□□□ □□□□□□□, □□□□□□□□□□□□□□□□ □□□□□□□□□ □□ □□□□□□ □□□□□ - □□□□ □□□□□□ □□□□□□ □□□□□, □□□□ □□□□□□ □□□□□□□ □□□□□), BDNF □□ □□□□□□, □□□□□□□□□□□ □□ □□□□□□ □□ □□□□□□□□□ □□ □□□□□□ (□□□□□□□□□□ □□□□□□□□□ □□ □□□□□ □□□□□□□□□ □□□□□□□ □□□□□□□□□□□□ □□□□ □□□□□□□)□ □□□□□□ □□□□ □□ □□□□□□□□□ □□□□□□□□□□□□□□□ □□□□□□□, □□□□□□□□□□□□□□□ □□ □□□□□□□ □□□□□□□□□□□□□□ □□□□□□□ □□□□ □□□□□□□	Selank □□□□□□ □□□□□ □□ □□□□□□-□□□□□ □□□□□□□ □□□□□ □□□□□ □□□□□□□ □□□□□□ □□□□ GABA-A □□□□□□□□□□□ □□□□□□□□□□□□□ GABA □□□□□□□□ □□ □□□□□□□ □□□□□ □□□□□□□ □□□□□□□ □□□□□ □□, □□□□□ GABA-B □□□□□□□□□□□ □□ □□□□ □□ □□□□□□□ □□□□ (□□ GHB □□□□□□□ □□ □□□□ □□□□□□ □□□□ □□ □□□□□□□□□□□□ □□)□ □□□□□□: 250-500mcg □□□□ □□ □□□□□□□ □□, □□□□ □□□□ 1-2 □□□□□

III.4 — □□□□□ □□ □□□□□ — □□□□□□□□□ □□□□□ □□□□□

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[illegible]: * [illegible] * [illegible] * [illegible] * [illegible] * [illegible] * [illegible]	[illegible]	[illegible]
CDP-Choline (Citicoline)	[illegible]: [illegible]. [illegible] [illegible] [illegible]

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